

THE MRC CONNECTION

JULY 2007



Peninsula Medical Reserve Corps, 416 J. Clyde Morris Blvd., Newport News, VA 23601

Influenza Pandemic: Efforts to Forestall Onset Are Under Way; Identifying Countries at Greatest Risk Entails Challenges

GAO-07-604, <http://www.gao.gov/new.items/d07604.pdf>, June 20, 2007

Since 2003, a global epidemic of avian influenza has raised concern about the risk of an influenza pandemic among humans, which could cause millions of deaths. The United States and its international partners have begun implementing a strategy to forestall (prevent or delay) a pandemic and prepare to cope should one occur. Disease experts generally agree that the risk of a pandemic strain emerging from avian influenza in a given country varies with (1) environmental factors, such as disease presence and certain high-risk farming practices, and (2) preparedness factors, such as a country's capacity to control outbreaks. This report describes (1) U.S. and international efforts to assess pandemic risk by country and prioritize countries for assistance and (2) steps that the United States and international partners have taken to improve the ability to forestall a pandemic. To address these objectives, we interviewed officials and analyzed data from U.S. agencies, international organizations, and nongovernmental experts. The U.S. and international agencies whose efforts we describe reviewed a draft of this report. In general, they concurred with our findings. Several provided technical comments, which we incorporated as appropriate.

Assessments by U.S. agencies and international organizations have identified widespread risks of the emergence of pandemic influenza and the United States has identified priority countries for assistance, but information gaps limit the capacity for comprehensive comparisons of risk levels by country. Several assessments we examined, which have considered environmental or preparedness-related risks or both, illustrate these gaps. For example, a U.S. Agency for International Development (USAID) assessment categorized countries according to the level of environmental risk--considering factors such as disease presence and the likelihood of transmission from nearby countries, but factors such as limited understanding of the role of poultry trade or wild birds constrain the reliability of the conclusions. Further, USAID, the State Department, and the United Nations have administered questionnaires to assess country preparedness and World Bank-led missions have gathered detailed information in some countries, but these efforts do not provide a basis for making comprehensive global comparisons. Efforts to get better information are under way but will take time.

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The PENINSULA Medical Reserve Corps' mission is to augment and assist community operations during large-scale emergencies, aid in the response to pressing health care needs, and improve community emergency preparedness.

MRC Training Calendar

COURSE	Date / Time	Location	Instructor
Hampton Roads Disaster Volunteer Day	July 14th 8:00 am – 3:00 pm	Liberty Baptist Church Hampton	Many state, regional and local speakers
<u>July 21st Power Training Day</u> 9:00 – 10:30 am: MRC Orientation 10:30 am – 12:30 pm : Intro to Disasters		King William Co. Health Dept, 167 Courthouse Landing Rd, King William Courthouse	Steve Rykal, Emergency Planner Three Rivers Health District
Intro to Disasters	July 24 th 6:00 – 7:30 pm	Page Middle School Library, 5628 George Washington Hwy, Gloucester	Steve Rykal, Emergency Planner Three Rivers Health District
Shelter Operations and Simulation Training	July 24 th 9:00 am – 3:00 pm	Johnson Bldg, 18849 Kings Hwy, Montross	River Counties Red Cross Chapter
IS-700: NIMS	July 26 th 6:00 – 8:30 pm	Peninsula Health Center Auditorium	Bob Ditch, Peninsula MRC Volunteer
AHA: Heartsaver CPR	July 27 th 8:30 am – 12:30 pm	Mary Immaculate Hospital	Gibbs, Public Health Nurse, Peninsula Health District
MRC Orientation	July 30 th 6:30 – 8:00 pm	Peninsula Health Center Auditorium	Jennifer Freeland, MRC Coordinator
AHA: Healthcare Provider CPR	August 2nd 8:00 am – 12:00 pm	Mary Immaculate Hospital	Brenda Hill, Public Health Nurse, Peninsula Health District
<u>August 11th Power Training Day</u> 9:00 – 10:30 am: Orientation 10:30 am – 12:30 pm : Epidemiology 101 10:30 am – 12:30 pm : Intro to Disasters 10:00 am – 12:30 pm: IS 700: NIMS 8:30 am – 12:30 pm: AHA: Blood Pressure Training for medical volunteers		Peninsula Health Center Auditorium Conference Rooms 1 & 3	Jennifer Freeland, MRC Coordinator Cynthia Reiken, Epidemiologist Peninsula Health District Mark Junghans, MRC Volunteer Bob Ditch, MRC Volunteer Keri Houser, RN, Public Health Nurse, Peninsula Health District
<u>August 11th Power Training Day</u> 9:00 – 10:30 am: MRC Orientation 10:30 am – 12:30 pm : Intro to Pandemic Influenza		Rappahannock Community College, Warsaw	Steve Rykal, Emergency Planner Three Rivers Health District
HSUS: Disaster Animal Response Team Training	August 16 th – 18 th 8:00 am – 4:00 pm	Peninsula Health Center	Go to HUSUS.org to register. Cost is \$110 for early registration.
Heartsaver & AED	August 31st 8:30 am – 12:30 pm	Mary Immaculate Hospital	Pam Parham, RN, Public Health Nurse, Peninsula Health District

Contact Rachelle to register for any training session at Rachelle.Simpkins@vdh.virginia.gov or 757.594.8045. Please Note: Classes with less than 10 volunteers registered may be cancelled.

FEMA INDEPENDENT STUDY COURSES

Below are the Description of the two FEMA courses that all MRC volunteers need to complete. They can be taken online or you can pick up a hard copy in our office and submit your test online. Both courses are help you gain a better understanding of the emergency management process. The website to access the courses is <http://training.fema.gov/IS/>.



FEMA Independent Study Program: IS-100 Introduction to Incident Command System, I-100

Incident Command training is being developed and offered for a variety of disciplines, including Federal Disaster Workers, Public Works, Law Enforcement, and Public Health. All of the ICS training offered through these courses is consistent. However, the various versions include examples and exercises specific to each of these disciplines.

Description

ICS 100, Introduction to the Incident Command System, introduces the Incident Command System (ICS) and provides the foundation for higher level ICS training. This course describes the history, features and principles, and organizational structure of the Incident Command System. It also explains the relationship between ICS and the National Incident Management System (NIMS).

FEMA Independent Study Program: IS-700 National Incident Management System (NIMS), An Introduction

On February 28, 2003, President Bush issued Homeland Security Presidential Directive-5. HSPD-5 directed the Secretary of Homeland Security to develop and administer a National Incident Management System (NIMS). NIMS provides a consistent nationwide template to enable all government, private-sector, and nongovernmental organizations to work together during domestic incidents. You can also find information about NIMS at <http://www.fema.gov/nims/>

This course introduces NIMS and takes approximately three hours to complete. It explains the purpose, principles, key components and benefits of NIMS. The course also contains "Planning Activity" screens giving you an opportunity to complete some planning tasks during this course. The planning activity screens are printable so that you can use them after you complete the course.

What will I be able to do when I finish this course?

- Describe the key concepts and principles underlying NIMS.
- Identify the benefits of using ICS as the national incident management model.
- Describe when it is appropriate to institute an Area Command.
- Describe when it is appropriate to institute a Multiagency Coordination System.
- Describe the benefits of using a Joint Information System (JIS) for public information.
- Identify the ways in which NIMS affects preparedness.
- Describe how NIMS affects how resources are managed.
- Describe the advantages of common communication and information management systems.
- Explain how NIMS influences technology and technology systems.
- Describe the purpose of the NIMS Integration Center

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The U.S. Homeland Security Council has designated priority countries for assistance, and agencies have further identified several countries as meriting the most extensive efforts, but officials acknowledge that these designations are based on limited information. The United States has played a prominent role in global efforts to improve avian and pandemic influenza preparedness, committing the greatest share of funds and creating a framework for managing its efforts. Through 2006, the United States had committed about \$377 million, 27 percent of the \$1.4 billion committed by all donors. USAID and the Department of Health and Human Services have provided most of these funds for a range of efforts, including stockpiles of protective equipment and training foreign health professionals in outbreak response. The State Department coordinates international efforts and the Homeland Security Council monitors progress. More than a third of U.S. and overall donor commitments have gone to individual countries, with more than 70 percent of those going to U.S. priority countries. The U.S. National Strategy for Pandemic Influenza Implementation Plan provides a framework for U.S. international efforts, assigning agencies specific action items and specifying performance measures and time frames for completion. The Homeland Security Council reported in December 2006 that all international actions due to be completed by November had been completed, and provided evidence of timely completion for the majority of those items.

Poll shows U.S. coastal residents unprepared for hurricanes

Despite the historic and devastating hurricane seasons of 2004 and 2005, a new Mason-Dixon poll reveals that a dangerously high percentage of residents in hurricane-vulnerable states still aren't prepared, don't take the threat of hurricanes seriously and have big gaps in what they know about hurricanes – even among those who live within 30 miles of the coast.



Among the most alarming findings of the survey:

- 53 percent don't feel vulnerable to a hurricane or related tornado or flooding.
- 52 percent have no family disaster plan.
- 61 percent have no hurricane survival kit.
- 88 percent have taken no steps to make their homes stronger.
- 16 percent said they might not or would not evacuate even if ordered to do so.

The poll is one of the leading elements of the National Hurricane Survival Initiative, <http://www.hurricanesafety.org/>, a public education and safety outreach partnership that includes the National Hurricane Center, the Federal Emergency Management Agency, the National Emergency Management Association, the Salvation Army and the state of North Carolina.

VDH Urges Virginians to Keep Cool in Extreme Heat

As temperatures across the state soar, the Virginia Department of Health (VDH) urges residents to take precautions against heat-related illnesses.

- Drink plenty of fluids – 2-4 glasses of cool fluids each hour. To replace salt and minerals lost from sweating, drink fruit juice or a sports beverage during exercise or when you have to work outside. If you're on a fluid-restricted diet or diuretics or on a low-salt diet, ask your doctor.
- Keep cool indoors. If you can, stay in an air-conditioned area. Shower or take a cool bath. Consider a trip to the mall, a local library or a friend with air-conditioning. At temperatures in the high 90's or above, a fan may not prevent heat-related illness. Spending at least two hours per day in air conditioning significantly reduces the number of heat related illnesses.
- Plan outdoor activities around the heat. If you must go outside, go before noon or at night when it's cooler. Resting frequently when you are outside will give your body a chance to recover from the heat.
- Avoid sunburn and wear light clothing. Sunburn limits your body's ability to keep itself cool and causes loss of body fluids. Use sunscreen with a higher SPF. Lighter weight clothing that is loose fitting and light-colored is more comfortable during extreme temperatures. Use a hat to keep the head cool.
- Give your body a break as the heat wave can be stressful on your body. Limit physical activity until your body adjusts to the heat.
- Do not keep children or pets in cars with windows rolled up, even partially. Temperatures inside a car with windows up can reach over 150 degrees quickly, resulting in heat stroke and death. [Click here for more tips on keeping kids safe in cars during high temperatures.](#)
- Use the "buddy system" if you're working outside. If you're working outside and suffer a heat-related illness, you could become confused or could lose consciousness. Therefore, make sure someone else knows of your plans. This suggestion also applies to people over 65 who may want to have a friend or relative check on them a couple of times a day during the heat wave.
- People at greatest risk of getting sick from the heat are babies and children to age four, people 65 and older, people who are overweight, people who are already sick or on certain medicines, and people who overexert themselves by work or exercise. [Click here for more information on heat stress in the elderly.](#)



Several heat-related health conditions can cause serious health problems. The ones to watch out for are:

- Heat Stroke—When the body can't control its temperature anymore because of high external temperatures, the internal temperature rises quickly, sweating stops and the body is unable to cool down. Body temperatures can go as high as 106 degrees in 15 minutes. Death or permanent disability can result without emergency treatment. Call 911 and begin cooling the person by immersing them in a cool shower or tub of water until help arrives.
- Heat Exhaustion—When the body loses too much water and salt from sweating due to the high external temperature, heat exhaustion can result. People who work outside, who have high blood pressure or who are elderly are most at risk. A fast, weak pulse, paleness, muscle cramps, dizziness and headache are among the symptoms. Treatment involves cooling off and seeking medical attention if symptoms worsen or persist more than an hour.
- Heat Cramps—When people sweat profusely during physical activity, painful muscle cramps can result as the body depletes its salt and fluid. Muscle cramps in the stomach, legs or arms are symptoms. If they occur during swimming, the results can be dangerous. Treatment involves resting for several hours and drinking juice or an hour.

For more information on extreme heat and heat-related illness, visit the [U.S. Centers for Disease Control and Prevention Web site](#)

MRC Emergency Preparedness and Public Health Outreach Events

EVENT	Date/Time	Location	Volunteer Duties
NEW! Peninsula Health Center Annual Pharmacy Inventory	Friday, June 29 th 8:00 am – 5:00 pm	Peninsula Health Center Pharmacy	Volunteers needed to assist with Annual Pharmacy Inventory. Need to have experience in inventory procedures or pharmacy tech tasks. AM & PM shifts.
Heritage Day Festival	Saturday, June 30 th 8:00 am – 2:00 pm	Deltaville Community Association Building 17342 General Puller Hwy	Volunteers needed to provide emergency preparedness education and information on the MRC.
Gloucester County Fair	August 10 th & 11 th TBD	Gloucester Fair Grounds at Ark Park	Medical volunteers needed to provide blood pressure screenings. Any volunteer can provide emergency preparedness education and information on the MRC.
NEW!!! First Response: Mass Dispensing Exercise	August 14 th & 15 th 8 am – 5:00 pm	Peninsula Health Center Pharmacy	Volunteers need to assist pharmacy in dispensing “mock” prescriptions (M&Ms) to First responders and Emergency Personnel. Need Pharmacy Tech or pharmacy clerk skills. AM & PM shifts.
Hampton's Child Fair	August 19 th & 20 th	Hampton Coliseum	Volunteers needed to provide blood pressure screenings and education emergency preparedness and the MRC.
BP Screening at Mennowood Retirement Center	August 28 th 2:00 – 4:00 pm	Warwick Blvd., Newport News	Medical volunteers needed to provide blood pressure screenings.
Hampton Bay Days	September 8 th 9:00 am – 7:00 pm	Downtown Hampton	Volunteers needed to provide blood pressure screenings and education emergency preparedness and the MRC.
BP Screening at Mennowood Retirement Center	September 25 th 2:00 – 4:00 pm	Warwick Blvd., Newport News	Medical volunteers needed to provide blood pressure screenings.
Peninsula Dental Days	October 5 th & 6 th	Newport News Christian Free Clinic, Newport News	Medical volunteers needed to staff clinic. Support volunteers needed to help with clinic flow. Last year 300 uninsured patients received FREE dental services.
Poquoson Seafood Festival	October 19 th – 21 st	Poquoson Municipal Park	Volunteers needed to provide blood pressure screenings and education on MRC and emergency preparedness.

To volunteer for any of these events please contact Jennifer at Jennifer.freeland@vdh.vrgnia.gov

From the Coordinator...

Yeah! June is over. It was most definitely our busiest month by far. We were able to get out into the community and do lots of good work. Thank you to all the volunteers who supported the many events we attended.



Here is one example of the impact we have had on the community this month...At the Foodbank's Agency Conference Mary Loesch took the BP of an African American man and his reading was 220/110 and he did NOT have any insurance! We were able to refer him directly to the health department to ensure that he received the proper treatment. Had Mary not volunteered to take BP's that day he may never have known that his BP was so high. What an awesome service to our community. In the future, we will have more opportunities to provide education and BP screenings to the Homeless, disadvantaged populations, and senior citizens. Are you interested in lending a hand? We encourage all MRC medical volunteers to take the AHA BP Certification Training session, which will be held on August 11th. I know many of you already know how to take BP's, but I promise you that you will learn a lot about the new standards and cardiac health.

In June, while the Queen was in town, we had a food borne illness outbreak in Williamsburg at a local restaurant. Very quickly we had to contact anyone that may have eaten at the restaurant or have anyone that had been sick after eating at the restaurant contact us. We were very busy and for a brief period of time we had to set-up the phone bank. When there is an illness outbreak in the community volunteers may be needed. What do you need to know to help? Well, having an understanding of Epidemiology would be very beneficial. Cynthia Reiken, the Peninsula Health Center's Epidemiologist, will be teaching Intro to Epi on August 11th. Attend her session to learn lots more!

So, what's happening in this month? **Disaster Volunteer Day!** Inserted you will find the agenda for the day. We have some very exciting topics and demonstrations. One of the demonstrations is the Point of Dispensing site staffed by the MRC. If you are attending DVD we are going to need your helping in working the demonstration. We will rotate in and out so everyone has a chance to see the other demonstrations. Of course we will be giving out M&M's. Additionally, if you are available the Friday before DVD, the 13th from 10-2, we could use your assistance in setting up. Please contact me if you are able to assist. Attached is another copy of the flyer and registration form. If you have not already done so please email Bettina and get it in ASAP! We do have space available for YOU to attend.

I just want to let you know that the good work we are doing is not going unnoticed. In June, I was asked to make a presentation at the National Citizen Corps Conference in Alexandria and our unit shined. Additionally, I am constantly asked to share the ways that we are having an impact on the community from other coordinators and program leaders. As a part of the conference there was a lot of focus placed on National Preparedness Month in September. I really see this as a great opportunity to make specific efforts to provide another Rabies Clinic, start Disaster Mental Health Training and reach out to special needs populations. Stay tuned for more exciting information.

Next month we will be busy with Disaster Animal Response Training and our Power Training Day on August 11th. Be sure to take a look at the calendar and try to attend one of the many training sessions. There never seems to be a lack of events and trainings to attend. Become active in Protecting the Health of Virginia!

Thank you for all you do to *Protect the Health of the Peninsula!*

Jennifer Freeland
PENINSULA MRC Coordinator

Contact Information:**Jennifer Freeland**

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Rachelle Simpkins

Assistant Coordinator

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Our office is located at the Peninsula Health Center next to Riverside Hospital, 416 J. Clyde Morris Blvd.

Office Phone: 757.594.8045

Office Fax: 757.594.7714



Have a Great Summer!

THANK YOU to the following volunteers for volunteering during the month of June

- ★ Pat Olson and Winnie Bennett for provided BP screenings at Mennowood Retirement Center.
- ★ Winnie Bennett for provided BP screenings at the Homeless Outreach & HIV Clinic.
- ★ Mark Jughans, Winnie Williams and Faith Staples for staffing the MRC table and providing BP screenings at the James City County Fair.
- ★ Mary & Wayne Long collated and mailed the newsletter.
- ★ Winnie Bennett, Sybille Baumeler, and Bettina Hilliard provided office support.
- ★ Winnie Bennett, Chuck and Pat Olson, Mark Jughans, and Rich Flannery for participated in the coordination of DVD.
- ★ Jeni Newton & Sybille Baumeler attended the Newport News Safety Fair.
- ★ Winnie Bennett and Sybille Baumeler for attended the Newport News Employee Fair.
- ★ Mary Loesch & Bettina Hilliard for attended the Foodbank Agency Conference.
- ★ Joan Rolls and Mary Loesch for attended the Sixth Mount Zion Baptist Church Health Fair.
- ★ Anne Hutcheson for provided administrative support to the Middlesex Health Department.

It takes great volunteers to make the Peninsula MRC a success!

**PENINSULA MRC**

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